



Spunky Mind Field Notes

The mind is playful, curious, and sometimes downright tricky. These field notes invite you to pause and notice how your thoughts shift, swirl, and wander—just like clouds across a wide sky. By writing it down, you give the monkey mind a gentle perch, allowing your deeper awareness to shine through.

Pockets of Nature

The Leaf Pause

Next time your thoughts start swinging like a restless monkey, step outside and find a single leaf. Hold it in your palm or simply gaze at it. Notice its edges, veins, and unique shape. Let your breath match its stillness, as if the leaf itself is reminding you that calm can exist even in the middle of change.

The Trail of One Step

Go for a short walk—just five or ten minutes—and focus only on the sound and feel of your footsteps. Each step is an anchor. When the mind runs ahead to sushi, salad, or samosas, gently return to the rhythm of your feet touching earth. Let this steady beat remind you that presence always begins with just one step.

What thoughts have been bouncing around most today?

What are a few things I am grateful for?



When did I notice my mind switching tracks quickly, like a train changing direction?

What helps me feel steady when my thoughts scatter?

Where in nature do I feel most grounded and clear?

How can I invite more playfulness (without chaos) into my thinking?

"You only lose what you cling to." -Buddha

Pairs with: "Lunchbox" post — SpunkyMind.com

Simply Breathe; Nature and Yoga will do the rest." Cheers! Kether, Spunky Mind